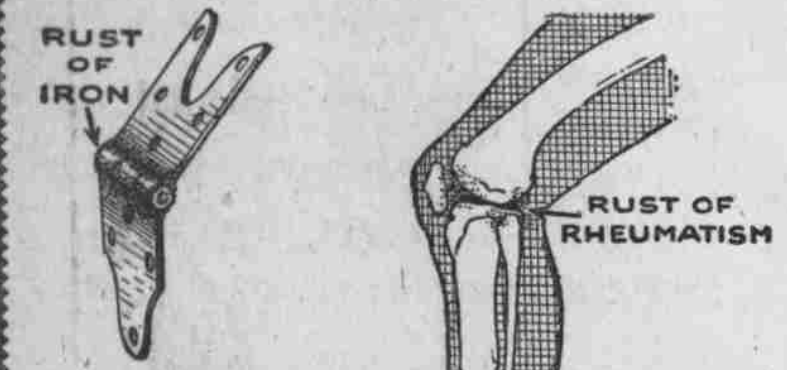


## DRINK HOT WATER AND RID JOINTS OF RHEUMATIC RUST

Why rheumatism and lumbago sufferers should drink phosphated hot water each morning before breakfast



Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ash, so the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste material, toxins and ptomaine-like poisons, called uric acid, is formed and then sucked into the blood where it continues to circulate, collecting grain by grain in the joints of the body much like rust collects on the hinge as shown above.

Men and women who suffer from lumbago, rheumatism or sore, stiff, aching joints should begin drinking phosphated hot water, not as a means to magic relief from pain, but to prevent more uric acid forming in the system. Before eating breakfast each morning, drink a glass of red hot water with a teaspoonful of limestone phosphate in it. This will first neutralize and then wash out of the stomach.

Girls will be girls—if they can't be married women.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach—Ad.

Knew the Drama, Too. Father, in this hall, has been standing for an hour while Millicent and Harold bid each other good night in the doorway.

"Parting," quoth Harold, "is such sweet sorrow that I could say good-night till—"

At this speech father gets a Shakespearean inspiration of his own and tramps down the stairs.

"Seems to me," he asserted, "there is too much adieu about nothing here."—Philadelphia Ledger.



Efficiency built the Panama Canal, after inefficiency failed. The efficiency of the Panama Canal doubled the effectiveness of the U. S. Navy without adding a ship to it. It took over 8,000 miles out of the trip from New York to San Francisco and changed the highway between London and Australia from Suez to Panama. Efficiency insures against lost motion—it produces the utmost service out of equipment and yields the finest product, at the least cost.

## Certain-teed Roofing

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Every advantage that men, money and machinery can offer is used to increase the production, maintain the quality and lower the cost. Each of the General's enormous mills is advantageously located to serve the ends of efficient manufacture and quick distribution. Each is equipped with the most up-to-date machinery. Raw materials are purchased in enormous quantities and far ahead of the needs of manufacturing, thus guarding against increased cost due to idle machinery. This also insures favorable buying, and the pick of the market.

CERTAIN-TEED resists the drying-out process so destructive to ordinary roofing, because the felt is thoroughly saturated with a blend of soft asphalt, prepared under the formula of the General's board of expert chemists. It is then coated with a layer of harder asphalt, which keeps the inner saturation soft. This makes a roofing more pliable, and more impervious to the elements than the harder, drier kind.

CERTAIN-TEED is made in rolls; also in slate-surfaced shingles. There is a type of CERTAIN-TEED for every kind of building, with flat or pitched roofs, from the largest skyscraper to the smallest residence or out-building.

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## INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Acting Director of Sunday School Centre of the Moody Bible Institute of Chicago.)  
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### LESSON FOR APRIL 2

#### CONVERSION OF PAUL.

LESSON TEXT—Acts 9:1, 31 (See also Gal. 1:13, 17; 1 Tim. 1:13, 17).  
GOLDEN TEXT—Faithful is the saying and worthy of all acceptance, that Christ Jesus came into the world to save sinners; of whom I am chief—1 Tim. 1:15 R. V.

No other man, save our Lord, has made such an impress upon history as the "Jew of Tarsus." Read carefully and repeatedly Acts, chapters 9:22, 23 and 26.

I. Saul the Man. (1) Physically. We know but little of Saul (see Ramsey, Conybeare and others), but we know from his labors that he was a man of tremendous vitality. Distant Damascus knew of his work (v. 13) and he himself testifies as to his activities (22:3-11). (2) Religiously he belonged to the strictest of the strict, the Pharisees (26:5-11). His anger at Jesus and the disciples was a consuming passion; literally, he "breathed threatening and slaughter" (v. 1). In all his violence he was conscientious, but yet he was awfully and terribly wrong, and what is more, his actions were not alone against the disciples but against Jesus (v. 5). (3) Politically Saul was perfectly legal in keeping the law and in his executions in the name of the law. Doubtless a member of the Sanhedrin (26:10), his hatred knew no pity; it included all who believed in Jesus. (4) Mentally this man transcends all who have ever followed Jesus. A man of intense conviction, a slave to a misdirected conscience, a titan of gigantic force and power once in the right channel.

II. Saul Saved. (1) This man was first humbled (v. 4). God put forth his hand to save the elect at Damascus, though he let Saul go a long way in his mad career. When he did act, it was "suddenly" and by means of the glory of Christ's resurrection (v. 7, 1 Cor. 15:8). Though it may seem "too late" yet this glory outshines the brightness of the Syrian sun (ch. 26:13). Many who speak bold blasphemous words would also be cast down did they but really see his glory. (2) Saul is not left thus stricken, but it is called from above (v. 7). The question of Jesus (v. 4) was a most startling one and that, with the answer to his honest inquiry, convicted him of what must have been a lurking suspicion in his mind, viz.: that he was wrong and Jesus was truly the Messiah. Then follows the question of a humble man (v. 6) and the clear instructions as to his immediate conduct.

III. Saul Sent. The first evidence of the change wrought in Saul was: (1) Obedience (v. 8). His companions heard but did not understand. There is no contradiction (v. 7, Acts 22:9) as this is the translation used elsewhere. Saul is given three days for meditation (v. 9), and he made good use of the time. (2) Praying (v. 11). The result was (3) a vision (v. 12) (not only one, as there are others recorded), which resulted in changed individuals and nations. But his vision was (4) a thorough commission (v. 15). (a) to the Romans—"kings," (b) Greeks—"Gentiles," and (c) Jews—"children of Israel." Along with his vision and commission there was given him the power, the authority, the Spirit. The agent God chose for the bestowing was Ananias, not an official, merely "a certain disciple." The gift of the Spirit for power and service is not necessarily by the "laying on of hands." It came to Mr. Moody as he walked the streets of New York without earthly companions. But the other conditions were fulfilled, a repentant, prayerful man and a ready and obedient servant who, though filled with fear and protest (v. 13, 14) yet takes God at his word and goes at once to his task. As we read verses 17 and 18 we discover that this special filling of the Spirit was very evidently given to Saul before he received Christian baptism—read the order of events carefully.

God's gift of the Holy Spirit and testimony and service is not the prerogative of the church, priesthood, nor the result of any order of ceremony followed by men. Jesus' instructions to Ananias were very simple and plain: most of the great events that have changed the course of history have also been his doing. Ananias had no instructions about the Holy Spirit, only to restore Saul's sight. Much as he dreaded him, he salutes Saul as "brother" (v. 17) in the name of the "Lord Jesus" which is the only true brotherhood that stands the acid test of time and usage. Jesus is, outside of the Gospels (II Cor. 5:16), always referred to as Lord, and we do well to follow the Bible example.

IV. Saul Serving (1) At Damascus. Saul is given refreshment (he always lays emphasis upon the Holy Spirit) straightaway began to testify to the amazement of the people. From Gal. 1:15, 17 it is plain that he did not "remain all of the time in the city, nor did he at once return to his friends in Jerusalem. This period is similar to the "hidden years at Nazareth" which our Lord spent ere he began his ministry.

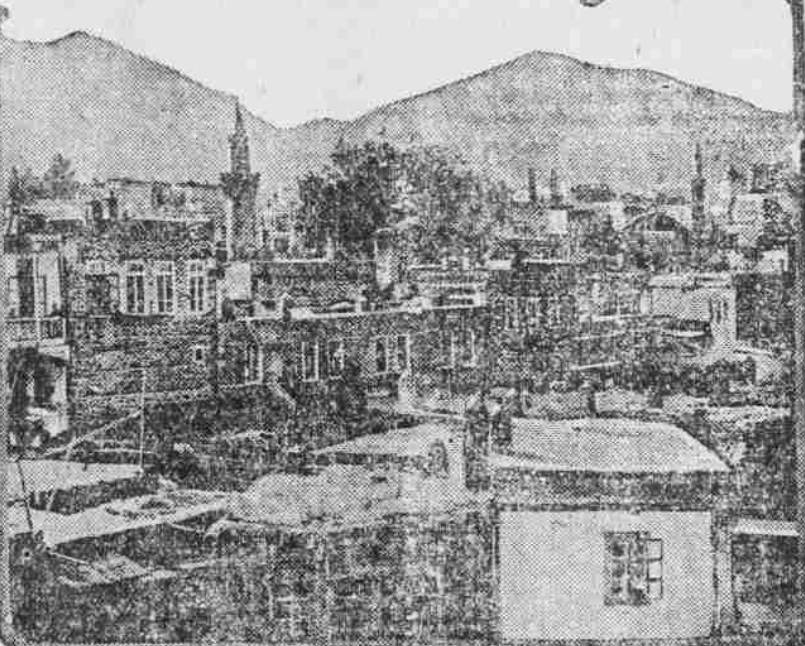
It was a time of rest, reflection, analysis, meditation and formulation of his "gospel" (Rom. 3:19-28). (2) At Jerusalem. His testimony was steadfast at Damascus (v. 22-25) and so he sought Jerusalem, only there also to find distrust and rejection. Then Barnabas did a great work for the Kingdom by showing his brotherly fellowship and trust and becoming sponsor for him to the early church.

It was not long ere he had to flee Jerusalem and finally return to his childhood home, Tarsus (v. 31). This is the greatest event in history since the life of our Lord. Saul the Pharisee becomes a preacher of the Cross, the Master Empire-builder.

Let this lesson be a trumpet call to the unconquered in your class and school. The same Jesus is calling today for other lives of service and testimony.

The inheritance of a distinguished and noble name is a proud inheritance to him who lives worthily of it.—Col. 3:10.

## ERZERUM



VIEW OF ERZERUM

WHERE the Armenian plateau becomes a bleak complex of gorge and mountain is traced the present boundary line between the Russian Caucasus and Turkey, and the largest and the all-important fortress of this strong natural frontier is Erzerum, which guards the one convenient way through the rugged heights to the flatlands of Mesopotamia and the lower hills of eastern Asia Minor, and which recently was captured by the Russians.

The Russian history finds this city a military station and a point of considerable strategic value; it is the Armenian fortress of Garin Kalak of antiquity, the Arabian raiding base of Khalikale, the Byzantine frontier post, Theodosiopolis. The Russian have twice decided wars against Turkey in their favor by capture of Erzerum, and each time Erzerum has been handed back in the peace arrangements, says a writer for the National Geographic society. While the attacks of the Russians in 1878 and 1879 were unsuccessful, their occupation of the town during the armistice of February, 1878, finally brought the Turks to accept the terms of peace. The assault and capture of the fortress by the Russian general, Paskevich, in July, 1828, decided the campaign in Asia. Erzerum bars the roads from Kars and other points on the frontier. These ways follow the valley of the Aras river through the high mountains and from Erzerum branch north, west and south. North of the fortress, leagues of impassable mountains encircle the city, and to the south, beyond the Russian border, to the south, an equally mountainous country is broken through by rare, miserable trails. In the extreme south, near the Persian-Turkish border, one of the best of these routes to Turkey leads through the country near Lake Van.

Situated at the eastern end of an open, treeless plain, 20 miles long and 12 miles wide, and surrounded on all sides by lofty mountains, steep to their bases, Erzerum enjoys a splendid view. Within the town, encircled by an earthen wall, and surrounded by a high, massive wall, are the ruins of a city of the past. The streets are crisscrossed by a network of narrow, unfavorable, and gloomy. The streets are many sizes too small according to the western measure, and they lack utterly in stability of direction. Moreover, the houses are badly built and dirty, and the houses are crowded together, and cheer with their old, unvaried facades of dark gray volcanic stone. The town has always enjoyed a fairly prosperous transit trade, for it is on the main overland route from Trebizond to northwest Persia and to the trade centers of the southern Caucasus. A good road leads from Erzerum down to the coast at Trebizond, and the journey can be made by carriage in five or six days. The place has also been noted from early times for the quality of its brass and copper work. Wheat, barley, and other grain are raised in the country around, and sheep are pastured. The population of the town is 43,000, of which one-quarter is Armenian.

Hamadan, the Treasure City. Another interesting city that has fallen to the hands of the Russians is Hamadan, the treasure city, the great Achaemenian kings, identified with the resplendent Ecbatana of the Greek writers. The ancient city lies 188 miles west-southwest of the Persian capital, Teheran.

All the traces of the by-gone glory of the place have been destroyed, save alone a famous but battered stone lion, which lies in squalor, mutilated and leading to Isfahan. The old lion has lasted through all the ages of Hamadan, and it is the only relic of the city that stands the acid test of time and usage. Jesus is, outside of the Gospels (II Cor. 5:16), always referred to as Lord, and we do well to follow the Bible example.

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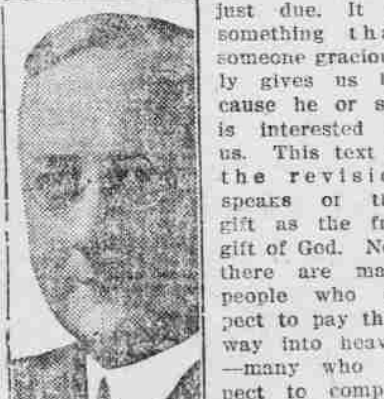
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## The Gift of God

By REV. W. W. KETCHUM  
Director of Practical Course Moody Bible Institute of Chicago

TEXT—The gift of God is eternal life through Jesus Christ our Lord—Romans 6:23.

A gift is something for which we do not work. It is something that is not naturally our just due. It is something that someone graciously gives us because he or she is interested in us. This text in the revision speaks of this gift as the free gift of God. Now there are many people who expect to pay their way into heaven—many who expect to compensate God for the free gift of God.



VIEW OF ERZERUM

eternal life, when the text says that the free gift of God is eternal life. Eternal life—what is it? It is the opposite of eternal death. Not eternal death does not mean annihilation; any more than eternal life means continued existence. God's word teaches that the soul never dies, in the sense of going out of existence. It does say that "The soul that sinneth, it shall die," but we must interpret the words of the Bible by the Bible. The Bible, you know, is not only a book that gives us the truth, but it defines the truth that it gives, and when it talks about eternal death it does not mean the annihilation of the soul. It is a truth that whatever exists always exists, so the scientists tell us, and the Bible says that the human soul lives forever. Well, what is eternal death, then, and what is eternal life? Perhaps we might say that eternal life means being born of God, having the life of God. It is not our natural life prolonged into endless duration. It is the divine life imparted to us, the very life of God himself communicated to a human soul. To put it in another way, we might say that eternal life is right existence, while eternal death is wrong existence, or to put it in still another way, eternal life is living in the presence of God, while eternal death is having the wrath of God abiding on one.

Now, God's gift is eternal life. Our text says that he offers us this life through Jesus Christ our Lord, that is, Christ is the medium through whom eternal life comes. What a wonderful thing it is to know that God has planned to give the human race eternal life, and that it is not a mere promise, but a reality, and in this, eternal life through his son. What is involved in that truth? A great deal, my friends.

First of all, that on the cross Christ died for our sins. Secondly, that there upon the cross God laid upon Christ all our sins. Thirdly, that all our sins will be forgiven us on condition of our simple acceptance by faith of his Son, and the one who thus receives his Son, we are told, is born, "not of blood, nor of the will of the flesh, nor of the will of man, but of God." I have met many people who were striving to get eternal life, and I have even met Christians who have had the idea that eternal life becomes theirs, not through faith, but by works of righteousness which they do.

I shall never forget preaching in a little church in the Catskills, and talking about the way of salvation, when a brother arose and controverted what I said about the simple way of having eternal life through the acceptance by faith of Jesus Christ as our Savior. Another brother, thinking he would help me on the water, which was very troublesome just then, told about two theologians who were crossing a stream. One of the theologians was arguing that salvation was by works, and the other that salvation was by faith, when the carman, listening to the argument, began to row with one oar, and the boat went round and round, when they said, "What are you doing?" and he replied, "Don't you see, that oar with which I am rowing is works, and I don't get anywhere," and then he took the other oar and rowed with that, and went round and round in the other direction, and he said, "That oar, you see, is faith, and when I row alone with that we do not get across the stream. To reach the other shore we must row with both oars."

That was a good story, but a poor illustration, for, while it sounds very plausible, the trouble is it is not scriptural. The Bible tells us that it is "not by works of righteousness that we have done, but according to his mercy he saved us." Change the illustration and have it true to the Scriptures. Jesus Christ is the oarsman, and is rowing the boat of salvation from earth to heaven, and if we would reach the other shore what we must do is by simple faith to get on board.

I go down to the ferry slip in New York. Now, if I wish to go across to the other side, what I must do is to step upon the ferry boat. The moment I do that I have trusted myself to the ferry, and it is for the ferry now, by its own power, to take me over. This crudely illustrates Christ's work of salvation for us. We commit ourselves to him, and he, by his own power and work saves us. "The gift of God is eternal life through Jesus Christ our Lord."

To Read Scriptures Correctly. One great inconvenience in reading the Scriptures is our own vain curiosity. We lose much of the benefit which might otherwise be gathered from them by pretending to nice disquisitions of difficult points, and laboring to bring to the standard of our own imperfect reason what we should be content to receive with the simplicity of an humble obedience, and place to the account of divine faith.—Thomas Kempis.

Finding the Great Secret. A Chinese evangelist in the China Inland mission declares that 3,000 years ago the ruler of China thought that riches would bring them peace; in a later dynasty, the secret was thought to be great learning; again, the beautiful was their ideal. Confucius sought peace through studying the great truth, but says Mr. Bu, "The truth is here: When your heart goes wrong, take it to him who made it and ask him to make it right, and so give you peace."—The New Guide.

To Keep Well. A knowledge of the law of immunity teaches that when our health is at its best our restraining power is at its best. Hence we say we are immune to disease. While it is wise and necessary to avoid, control and destroy disease-producing germs wherever found, it is very necessary to render the body as nearly immune as possible and then keep it in that condition.

## Women Once Invalids

Now in Good Health Through Use of Lydia E. Pinkham's Vegetable Compound. Say it is Household Necessity. Doctor Called it a Miracle.

All women ought to know the wonderful effects of taking Lydia E. Pinkham's Vegetable Compound even on those who seem hopelessly ill. Here are three actual cases:

Harrisburg, Penn.—"When I was single I suffered a great deal from female weakness because my work compelled me to stand all day. I took Lydia E. Pinkham's Vegetable Compound for that and was made stronger by its use. After I was married I took the Compound again for a female trouble and after three months I passed what the doctor called a growth. He said it was a miracle that it came away as one generally goes under the knife to have them removed. I never want to go without your Compound in the house."—Mrs. FRANK KNOTT, 1642 Fulton St., Harrisburg, Penn.

Hardly Able to Move. Albert Lea, Minn.—"For about a year I had sharp pains across my back and hips and was hardly able to move around the house. My head would ache and I was dizzy and had no appetite. After taking Lydia E. Pinkham's Vegetable Compound and Liver Pills, I am feeling stronger than for years. I have a little boy eight months old and am doing my work all alone. I would not be without your remedies in the house as there are none like them."—Mrs. F. E. YOST, 611 Water St., Albert Lea, Minn.

Three Doctors Gave Her Up. Pittsburg, Penn.—"My medicine has helped me wonderfully. When I was a girl 13 years of age I was always sickly and delicate and suffered from irregularities. Three doctors gave me up and said I would go into consumption. I took Lydia E. Pinkham's Vegetable Compound and with the third bottle began to feel better. I soon became regular and I got strong and shortly after I was married. Now I have two nice stout healthy children and am able to work hard every day."—Mrs. CLEMENTINE DUBERRING, 34 Gardner St., Troy Hill, Pittsburg, Penn.

All women are invited to write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for special advice—it will be confidential.

How to Talk to the Wounded. "What the bodies can't stand, you know, ma'am, is cold steel." "Yes, I suppose it gets very cold this time of the year."—London Punch.

Many Children are Sickly. Mother Gray's Sweet Powders for Children Break up Colds in hours, relieve Feverishness, Headache, Stomach Troubles, Teething Disorders, move and regulate the bowels, and destroy Worms. They are so pleasant to take children like them. Used by mothers for 35 years. All druggists sell. Sample free. Address: Mother Gray Co., Le Roy, N. Y.

Considerable of a Snub. Mr. Asquith recently administered a grim snub to a certain M. P. Some time ago, on the death of a noted public man, there was a great deal of gossip as to who should succeed him. The M. P. in question had a friend whom he wished to get the appointment, and determined to be first in the field, he went to Mr. Asquith on the day after the late holder of the office had died. "May my friend So-and-so have Mr. Blank's place?" he asked, eagerly. "He may," answered Mr. Asquith, gravely, "if he thinks the coffin will fit him comfortably!"—London Mail.

To Build Up After Grippe, Colds, Bad Blood. Take a blood cleanser and alternative that starts the liver and stomach into vigorous action, called Dr. Pierce's Golden Medical Discovery because of its principal ingredients—the Golden Seal plant. It assists the body to manufacture rich red blood which feeds the heart—nerves—brain and organs of the body. The organs work smoothly like machinery running in oil. You feel clean, strong and strenuous. Buy "Medical Discovery" today and in a few days you will know that the bad blood is passing out, and new, rich, pure blood is filling your veins and arteries.

Even the man who is tired of this world is seldom in a hurry to move on to the next. For genuine comfort and lasting pleasure use Red Cross Rail Blue on wash day. All good grocers. Adv.

The Soldier's Estimate. A member of the first Canadian contingent, writing home, says: "I guess the first seven years of this war are going to be the worst."—Canadian American.

Throw Off Colds and Prevent Grip. When you feel a cold coming on, take LAZZA FIVE BLOOD PURIFIER. It removes mucus of colds and grip. Only One FRODO CHASE, 110 W. 34th St., New York, N. Y., has it.

Good Advice. "I intend to bag an hellfish." "Look out that she doesn't give you the sack."

## Colonist Excursions To California

Tickets on sale daily via Rock Island Lines, March 25th to April 14th, 1916. Only \$40.50 from Chicago; \$38.10 from St. Louis; \$38.10 from Memphis. Similar reductions to North Pacific Coast points. Go in a Rock Island tourist car—big, roomy, comfortable, and attached to fast limited through trains. Personally conducted excursions—dining car service. Choice of routes—through the historic Southwest—the direct route of lowest altitudes—or through scenic Colorado.

Automatic Black Signals. Finest Modern All-Steel Equipment. Superb Dining Car Service. Write today for interesting literature. L. M. ALLEN, Passenger Traffic Manager, Rock Island Lines, Chicago.